



SCIENCE



5.10.18

Spicy foods.

Following on from our learning about taste, we spent today's assembly finding out about why spicy food makes your mouth feel hot. Our tongues have special tiny receptors which can detect heat (as in temperature). If the receptors sense something hot, it will send a message to the brain to let it know.

Spicy food contains something called capsaicin which, by chance, gets stuck on the heat sensing receptors of your tongue. So they still send a message to your brain giving you a sensation of burning, even though it isn't hot (as in temperature).

Try eating spicy food at home with an adult. Does it feel like your mouth is hot or burning? Does your body react in the same way as when you are normally hot (sweating, feeling thirsty etc.).

Question to investigate at home:

What are the best ways to cool your mouth down after eating spicy food? Is water the best thing to have? What other food and drink could you try? How do you know it was better than the others? If you don't like eating spicy food you could ask a friend or someone in your family if they don't mind being experimented on! Record what you find out and bring or send it in to school.

You must do this with an adult.

Web links:

[Kids try spicy foods video](#) -

What gives it away that the boy wearing orange is finding the food too spicy?

[Explaining spicy food](#) - Ted Ed animation.

[Brain freeze](#) - Ever had a headache after eating ice-cream?

Schoville Scale

Wilbur Schoville was a pharmacist who, in 1912, came up with a scale as a way to measure how spicy something is.

This diagram shows some of the spiciest peppers in the world. I wonder how some of them got their names?

